

...ing model, lightly boned across
 abdomen, elastic panel at each
 side. Sizes 39 to 40. **\$1**
 Regular 1.59. Special....
 —Second Floor **H.B.C.**

Open
Saturday
Evening
DEC. 18TH.

For the convenience of
Christmas Shoppers



Hudson's Bay Company.

INCORPORATED 2ND MAY 1670.

Another
Ad on
Page 2

—Don't miss a single
item. Shop in the
morning if possible.



See What One Dollar Will Do in Filling the Christmas Gift List

\$1 Gifts for Men and Boys

- MEN'S SILK KNITTED SCARFS, in plain shades, stripes and fancy designs. A score of different colors. Dollar Day Special **\$1**
- MEN'S CHRISTMAS NECKWEAR, in cut silks and silk knit. Popular, four-in-hand styles. Stripes, checks, fancy effects, etc. 1,000 ties in the lot. Individually boxed. Each **\$1**
- MEN'S NATURAL PONGEE SILK HANDKERCHIEFS, machine-stitched borders, fancy stripes with plain centers. Nicely boxed. At **3 for \$1**
- MEN'S IMPORTED IRISH LINEN HEM-STITCHED HANDKERCHIEFS—14-inch hems. An excellent quality. Boxed **3 for \$1**
- MEN'S ARM BAND AND GARTER SETS, in plain or fancy elastic webs. Attractively boxed. At **\$1**
- MEN'S SUSPENDERS, in light colored, assorted webs. Nicely boxed. At **\$1**
- MEN'S SINGLE OR DOUBLE GRIP GARTERS, in plain or fancy assorted colors. Nicely boxed. At **\$1**
- MEN'S SOCKS—A useful and practical gift. A big assortment of patterns and cashmere. Individually boxed. Pair **\$1**
- MEN'S BELTS—In plain or fancy leathers. The new wide style with tongue buckles. All sizes. Exceptional value at **\$1**
- MEN'S FANCY MEROERIZED HANDKERCHIEFS, with hemstitched borders. A big assortment of patterns and colors. At **8 for \$1**
- BOYS' WOOL RIBBED COAT SWEATERS, in navy, brown, maroon, green and brown. Sizes 26 to 32. Regular \$2. Special at **\$1**
- BOYS' BRUSHED WOOL SCARFS, in plain white, white with colored stripes, or green stripes. A limited quantity. Each **\$1**
- BOYS' BELTS, in black, tan and grey with fancy patent buckles; silk web SUSPENDERS with snap detachable ends. Boxed in holly boxes. The two for **\$1**
- BOYS' WINTER CAPS, in the popular Eastern "Kling-Klose" make. Dark patterns only. Sizes 5 1/2 to 6 1/2. Special **\$1**
- BOYS' WOOL TOWELS, in navy and cardinal, cardinal and navy, maroon and grey, cardinal and cardinal and camel, brown and camel, or plain brown. Regular 50c. Friday **3 for \$1**

\$1 Gift Specials in Toilet Goods Dept.

- FANCY BOXED SOAP—Dulany floral toilet soap, packed three cakes to a box. Lavender, Rose and Golden Morn odor. Per box **\$1**
- DUBARRY COMPLEXION SOAP—Delightfully perfumed. 3 cakes in a box. Price at **\$1**
- YARDLEY OLD ENGLISH LAVENDER SOAP—3 cakes in box for sale **\$1**
- BATH SALTS—Minty perfumed bath salts. Large size. Three odors: Lilac, rose and violet. Priced at **\$1**
- VIOLET SEC BATH SALTS—A dainty gift **\$1**
- DOUBLE LOOSE POWDER VANITY, for loose powder, with rouge. Nickel or silver. A large tin at **\$1**
- GENTLEMAN'S BRUSH AND COMB—A row brush of fine quality bristle, set in back of real ebony, with a black comb to match. Packed in a holly box. The two for **\$1**
- GIFT PERFUMES—Bottles complete with glass stopper. Odors are: Rose of Oman, Three Flowers, Nargise and Tensford Lilac, also Richard Hudson's metal capped purse vital of the Harry perfume. Priced at **\$1**
- \$1 GIFT SPECIALS IN DUTCH SILVER—Oval satin lined trinket box, 2 1/2 x 1 1/2, oval picture frame, 5 1/2 x 1 1/2. Each **\$1**
- ONE DOLLAR SPECIALS FOR MEN—A tube of Mennen Shaving Cream, can of Mennen Talcum—a shaving brush. The three all packed attractively in holly box. All three for **\$1**



A great store-wide event of extraordinary interest to Christmas shoppers. All departments participate. COME AT 9 A.M.

\$1 Day in Handkts., Jewelry, Scarfs, Etc.

- COLORED INITIAL HANDKERCHIEFS—5 in box. Practically all initials. Fine quality mercerized lawn with imitation crocheted edge and daintily embroidered. 2 boxes **\$1**
- COLORED LINEN HANDKERCHIEFS with 1 1/2-inch hem. Fine quality Irish linen. Good range of colors. Crocheted and hemmed edges. They will make delightful gifts. Special **9 for \$1**
- CHILDREN'S HANDKERCHIEFS with nursery rhymes and pictures. Very attractive. Special **12 for \$1**
- STAMPED GOODS—Laundry bags, children's party dresses and children's rompers. Values to 1.55. Each **\$1**
- STAMPED CREPE NIGHTGOWNS in shades of blue, pink, or mauve. Our L.49, special at **\$1**
- DRESSER OR BUFFET SCARFS—Finished with scalloped edges and fancy colors. The colors are bold proof. Regular 75c each. **2 for \$1**
- SCARFS AND TEA CLOTHS—Finished blue patterns on white grounds. Excellent designs. Special **\$1**
- SCARFS—Women's and men's knitted art silk scarfs. Big range of colors and patterns. Fancy fringed ends. Special value 1.98. Dollar Day **\$1**
- WOMEN'S RUBBER APRONS in plain colors with contrasting color bindings, tie strings and pockets. Save on these at **3 for \$1**
- PEARL CHOKERS of fine lustrous and quality **\$1**
- SHOPPING BAGS of black karatol. Extension style. Each **\$1**
- SMALL DESK OR BEDROOM CLOCKS—Redwood case. Guaranteed movements. Special **\$1**
- 10K SIGNET OR BIRTHDAY RINGS for children. Each **\$1**
- FESTOON STYLE BEAD NECKLETS in yellow, blue or green. Special, each **\$1**
- FRENCH NOVELTY POWDER OR VANITY BOXES—Daintily trimmed with flowers. Mirror inside lid. Each **\$1**
- CHINA DOLL HEADS for lamps, tea caddies, shades, powder boxes, etc. Dutch design. Each **\$1**
- DAINTY POWDER PUFFS—with long handles. Pretty shades. Each **\$1**
- NOVELTY PIN CUSHIONS—Wax heads, spun glass skirts, very dainty. A limited number. Each **\$1**

Women's Hose \$1

- Women's Pure Thread Silk Hose with seamless feet. Well reinforced in the heels and toes. Serviceable wearing quality. Shades of golden pheasant, blue, heaver, rosewood, coral, white, etc. Every pair boxed. Sizes 8 1/2 to 10. Values to 1.50. Special, pair **\$1**
- WOMEN'S ALL WOOL HOSE, in a broad stripe. Well reinforced in the heels and toes. Every pair perfect. Shown in black, brown and grey. Sizes 8 1/2 to 10. But 2 pairs **\$1**
- BOYS' ALL WOOL SOCKS—A splendid wearing hose, suitable for either over-socks or moccasins. Brown and leather imitations. Sizes 10 to 12. Values to 50c pair. **2 pairs \$1**
- WOMEN'S FANCY CHECK HOSE—A splendid wearing hose in fine silk, reinforced in the heels and toes with wool. A good assortment of shades. Sizes 8 1/2 to 10. Special **2 for \$1**
- WOMEN'S ALL WOOL GAUNTLET GLOVES—Just the glove for this cold weather. Contrasting cuffs. Value to 1.25. Special, pair **\$1**

Miss TORONTO AND Miss WINNIPEG

will be in this store
Friday from 2.30 to 3.30

See Page 2 for full particulars.

\$1 Specials in Gift Books

- GIRLS' SCOUT BOOKS—200 page book, stiff board cover and printed. 3 for **\$1**
- BOYS' INDIAN SERIES—Stories of adventure with Indians. A stiff board, cloth covered book of 250 pages. 3 for **\$1**
- READER LIBRARY—A series of best writers. Each book of 250 pages. Stiff board, cloth covered back. Stories by Victor Hugo, Dumas, Edgar Allan Poe, etc. 6 for **\$1**
- BOX STATIONERY, \$1—Seven different varieties and sizes in box stationery. Blue, pink, grey or white. A number with lined or decorated edges; included with each box of stationery are Six Christmas Cards. All for **\$1**
- 2 1/2 LB. BOX CHOCOLATES, \$1—A very attractive box, size 10 by 13 inches, filled with fresh chocolates, in assorted varieties. A few only at this price. At **3 for \$1**
- LICORICE ALL SORTS **3 for \$1**
- MILK CHOCOLATE BUDS **3 for \$1**

TOBACCO SHOP

- A DUTCH SILVER CIGARETTE CASE, size 3 by 4 inches and is the package of cigarettes. The two for **\$1**
- A BOX OF 10 CIGARS—Jap, Marquise, Tuckett's Preferred or Simon Dimple, and a 25c ash tray. The two for **\$1**
- A BOX OF 50 GUINEA GOLD CIGAR ETTES and a round brass ash tray, 5 inches in diameter with removable glass receptacle. The two for **\$1**

TOYS at \$1

- The Toy Shop contributes big values for Dollar Day—Read! **\$1**
- TRAINS AT \$1—Mechanical trains, engine, tender, two large coaches and track. Regular 1.50. Just 92c to go at, each **\$1**
- TEA SETS, \$1—25 only fancy decorated 17-piece tea sets. Dollar Day special at **\$1**
- PUZZLE BLOCKS—48 only puzzle blocks—great fun for the boys. Regular 1.50. Just 92c to go at, each **\$1**
- STEAM SHOVELS, \$1—16 only large size steam shovels. Dollar Day, each **\$1**
- TOY TOWN GAMES, \$1—98 only San Toy Town games. Regular 1.50. Dollar Day, each **\$1**
- MAGIC LANTERNS, \$1—Large size magic lanterns with lamp and slides. Dollar Day, each **\$1**
- RUBBER BALLS, \$1—Extra large, fancy rubber play balls. Each **\$1**
- LAUNDRY SETS, \$1—Including wash board, clothes horse, wash tub, clothes basket and one dozen clothes pins. Just 35c sets, at **\$1**

\$1 Book Specials IN THE TOY SHOP

- THE SCHOOL BOYS AND SCHOOL GIRLS ANNUAL—A large well bound book of about 125 pages. Size 8 1/2 by 11 1/2 inches. Friday **\$1**
- STENCIL BOOKS—A book for the younger kiddies—book complete in a box, with 21 stencils and crayons. Reg. 40c. 3 for **\$1**
- PAINTS, CRAYON AND BOOK FOR COLORING—A 25-page Peter Rabbit point book, with 26 colors and a brush. box crayons in 8 colors. The three for **\$1**

Candy Special IN THE TOY SHOP

- 4 LBS. OF MIXED NUTS AND 1 LB. FRESH PEANUTS. For **\$1**
- MIXED CHRISTMAS SPECIAL—Large covered basket containing 1 lb. mixed brazil, almonds, etc.; 1 lb. peanuts; 1/2 lb. Christmas candy; 1/2 doz. bright crackers. All for **\$1**

The Men's Shoe Shop

- MEN'S WOOL EVERETTE HOUSE SLIPPERS—Colored plaids and plaid felts. Per pair **\$1**
- BOYS' FELT HOUSE SLIPPERS—With flexible leather soles and heels. Sizes 4 to 9. Per pair **\$1**
- MEN'S FIRST QUALITY RUBBERS—High or low cut. Sizes 6 to 11. Per pair **\$1**
- MEN'S HARD WOOD SHOE TREES—Regular 1.75. All sizes. Per pair **\$1**
- BOYS' FIRST QUALITY RED SOLE EDGE RUBBERS—Size 1 to 5. Per pair **\$1**
- BOYS' INDIAN MOOSE HIDE MOCCASINS—Value 1.50. Per pair **\$1**
- MISSIE'S INDIAN BEADED MOCCASIN SLIPPERS—30 pairs only of the genuine "Hannama" moccasin slippers, beautifully headed and richly trimmed with fur. Sizes 11 to 1. A regular 2.25 value. Per pair **\$1**
- 300 PAIRS WOMEN'S CUMFY SLIPPERS, PAIR \$1—First quality pure wool felt slipper with comfy sole and padded heel. Silk ribbon drawn. Shades of lavender, coral, blue and old rose. Sizes 3 to 8. Per pair **\$1**

\$1 Day Specials in Hardware

- HOUSE DROOMS, \$1—Tiger brand house brooms made of finest selected green corn. Fully warranted. Regular 1.25. Each **\$1**
- 5 LENGTHS 6" PIPE, \$1—Heavy hand-made stovepipes, riveted, finest quality. 6 inch size. 5 lengths **\$1**
- COMBINATION OFFER, \$1—One bottle O'Ceal Oil, regular size. One lb. tin Johnson's Floor wax. 2 for **\$1**
- CHAIN POCKET KNIVES, 5 FOR \$1—Small boys chain pocket knives. Single blade, rosewood handle. Friday **5 for \$1**
- \$1 DEPOSIT HOLDS ANY ARTICLE—Deposit \$1 on any gift article in the Hardware and we will hold it for you until Christmas. Jasper Ave. H.B.C.

\$1 Day in Staples and Linens

- RUNNERS—Dainty white or extra roomers. lace trimmed, 16 by 45 inches. Special **\$1**
- TOWELS—Novelty terry face towels with colored face cloths to match. Special, set **\$1**
- VENETIAN LACE OVALS AND DOLLIES also Fiat Lace **\$1**
- HAND EMBROIDERED MADRIDRA DOLLIES and towels. All pure linen. Each **\$1**
- EMBROIDERED IRISH OVALS, ideal for Christmas giving. Special, each **\$1**
- BLEACHED HUCK BEDROOM TOWELS, hemmed and ready. Size 6 for **\$1**
- TOWELS—Imported novelty English towel towels. Christmas boxed. Each **\$1**
- PURE LINEN CRASH TOWELS—Blue or red borders. Size 17 by 31 inch. Special **4 for \$1**
- WHITE LAWN—Sheer quality. 36 inches wide. Special **7 for \$1**
- WHITE FLEECE FLANNELLETTE, 33 inches wide. Special **7 for \$1**
- STURDY STRIPE FLANNELLETTE—Pink or blue. 28 inches wide. Special **7 for \$1**
- FARMER'S SATIN, 54 inch, highly mottored black Italian or farmer's 2 black satin **\$1**
- FLANNELLETTE CRIB BLANKETS—Size 32 by 45 inches. Special, each **\$1**
- 36-INCH BEACON ROBBING—Many pleasing designs. Special, yard **\$1**

\$1 Day in the H.B.C. Silk Shop

- BLACK MESSALINE—2,000 yards of high grade. Black Swiss messaline. 36 inch. Special, yard **\$1**
- VESTING—Dainty knitted tubular silk jersey vesting. 36 inch. Yard **\$1**
- CREPE DE CHINE—1,000 yards of our high grade rose print all silk crepe de chine. 40 inch. Yard **\$1**
- COLORED HABUTAIL—heavy weight. A big color range. 36 inch. Special, yard **\$1**
- TABLE OF ASSORTED SILKS—Satin and linings. Clearing Friday, per yard **\$1**
- ART SILK—Dainty, shadow stripe, lingerie art silk, 40 inch. Lingerie **2 yds. \$1**
- HANDSOME BROCADED SILKS for dresses, linings, drapes, etc. 36 inch. Special, yard **\$1**
- BLACK CHEVIOT SERGE, 44 inches wide. All wool. Yard **\$1**

Millinery, \$1

- Women's trimmed and tailored hats in velvets and felts. Large, medium and small shapes. Trimmed in many novel ways. Regular values to \$5. Dollar Day **\$1**
- CORRAGE FLOWERS for dresses and for the spindle variety in all the world of colors. Dollar Day **2 for \$1**

Edmonton Bulletin

Alberta's Oldest Newspaper
Founded in 1880 by Hon. Frank Oliver

CHARLES E. CAMPBELL, President
W. H. BELL, Vice-President
ROBERT J. ROBB, Business Manager
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THURSDAY, DECEMBER 16, 1926

As a Last Resort

Illinois gamblers have killed the mayor of another town. As in the former case, he was accused of taking the other side in the gang war that has been raging so ferociously there for many months. In sheer self-defense some Illinois mayor may one of these days be driven to take the side of the law.

Winter Makes Work

"Employment," it is stated, is not so prevalent as to require special relief measures on the part of the Provincial Government, either at Edmonton or at Calgary. The situation is thus better than the outlook pointed out a few weeks ago. For that, the early and ample snowfall is largely responsible. This has facilitated the hauling of grain, logging operations, and all kinds of winter outdoor activities. From the economic standpoint, things are less complicated when we have winter in the winter-time.

Systematic Railway Extension

Western people will note with satisfaction that Parliament is to be asked to approve a three-year construction program for the National railways. The advantage is that railway extension is thus put upon a systematic basis, and can proceed continuously and with foreseen results; instead of being rushed at one time and halted at another, or governed by political exigencies.

To make settlement economically possible in the section of the West which is known to be suitable for farming, thousands of miles of branch lines will have to be built. The better way to deal with so large a task is to set a moderate pace and hold it; without regard to seasonal variations and the spasms of general optimism or of widespread gloom which follow each other.

It is established that the West is a country worth bringing completely into use. That being so, the provision of transportation facilities, purely a business proposition, is to be gone about in a business way, with the ultimate result always in view as the objective, and due attention to the urgency of local needs.

With a schedule of plans projecting several years into the future, the work can be done cheaper, more satisfactorily, and with better assurance that each year will see a definite advance made.

Shorter Speeches and Fewer of Them

Parliament succeeded in getting through at a snail's pace in two days, and voted the subsidy bill of more than \$60,000,000 before adjourning.

It is not, of course, possible or desirable that any such rate, but the advertisement shows what can be done when time presses, and there is no temptation to prolixity. The fact that general elections are a few weeks in the rear—and not a few months ahead—had a good deal to do with curtailing the talk.

The rules of the House are to be amended this session, with a view to shortening debates. The members have shown themselves and the country how the thing can be done. Is it too much to hope that they will show the sincerity of their desire for the reform by trying to live up to nearly as practicable to the precedent they have just set?

If during the session those who have nothing to say will say nothing, the energy of Parliament and the money of the tax-payers will be saved, life made less tedious for the members and less tiresome for the public; and perhaps in such circumstances a set of rules can be hammered out which will establish some relation for the future between the subject-matter of a speech and the time it takes to make it.

Why the Slow Movement?

A Vancouver paper reports that the five elevators there have not been handling as much grain this season as the one then in existence handled in the fall of 1922.

This year's traffic of grain was slowed up in the early weeks by weather which prevented threshing in Alberta during the greater part of October. Now are shipments expected to be looked for in a season when much of the grain has to be dried before going abroad.

But when threshing in Alberta did get fairly under way, an embargo here was imposed against westward shipment because the Vancouver terminals were filled to the roof. This was lifted, but shipment was only allowed if permits were secured. And at the Edmonton elevator another embargo was declared a week or so ago.

From many quarters have come complaints that grain has not been going out of Vancouver at all freely. That was admitted some time ago, when an explanation was broadcasted that the reason for the slow movement was the scarcity of grain ships, owing to the demand for freighters to carry U. S. coal to Great Britain.

But Portland and Seattle do not appear to have been seriously interfered with by this diversion of "hotshots." The former has shipped out five times as much grain this year as last; while Seattle, from Aug. 1 to Nov. 12, shipped 4,386,616 bushels, against 536,616 bushels a year ago. If these neighboring ports, one of them actually on Puget Sound, have been able to get vessels to carry away several times as much grain as last year, why a scarcity at Vancouver which crippled the export trade and halted the movement at internal points?

The farmers of Alberta have been encouraged to look to Vancouver as the outlet for the bulk of their grain crop. In an investigation, would it seem to be in order which would show why that outlet is not able to get rid of the grain.

A Cured Golfer

By EDGAR A. GUEST

"Time was I played in rain or snow.
The mercury at zero.
And though I played in rain or snow,
No much I loved the adverse game
I venture out with eyes aflame
My daily round to do.
Let blizzards blow or thunder fall
To struggle towards the clubhouse hall."

In fabled shirt and leather coat,
A weaver muffled round my throat,
And rubber boots I'd put on,
And from through, or dripping wet,
I'd trudge about the course and get
A certain thrill that was
I studied on or else I slept,
But that for several years ago.

Out on the course I still beheld
Many golfers shivering with cold
Treading a winter way,
And standing at my window pane
I watch the pelting snow and rain
As those brave souls go in
To get a round or two of golf.

Let faithful golfers go
With beating hearts and courage stout
To battle wind and rain,
I'll play my golf with shins aching,
On warm and gentle summer days,
But I'm no weather man,
No measure from the sun I get
When frozen stiff or dripping wet.

They seem to be in some way a substitute for liquor.
The apple is the friend of man and the ideal food.
It is not only the most nutritious of all fruits, but it has sufficient bulk to be of value in its dietetics.
Apples are good raw, and apple pie is a great institution.

Apples

By DR. FRANK MCDOY

We have had a national apple week.
Millions of apples were given to orphan asylums,
public schools and other institutions.
There was a bumper apple crop this year.
It is the first time in the history of the world.
Most of the fruit is of the best quality.
Potatoes are earth apples—potatoes are earth apples.
Apples are apples of China, tomatoes are love apples,
and so on.

The apple contains a mild acid which is very beneficial to most species, although some cannot eat it.
So healthful is the apple as an article of steady diet that we have a proverb, "An apple a day keeps the doctor away."
Many people eat an apple just before going to bed.
It has been noted that those who do not drink or give up the drinking habit are very fond of apples.

They seem to be in some way a substitute for liquor.
The apple is the friend of man and the ideal food.
It is not only the most nutritious of all fruits, but it has sufficient bulk to be of value in its dietetics.
Apples are good raw, and apple pie is a great institution.
Children eat apples at all times and their consumption does not seem to be affected by the weather.

The only thing that seems to be against their popularity is that they are common and can easily be procured.
If every apple cost a dollar, apples would be hard to get there would be discovered in their wonderful medicinal value.
Apples are good raw, and apple pie is a great institution.
Apples are good raw, and apple pie is a great institution.

Do You Remember?

FORTY YEARS AGO

From the Edmonton Bulletin, Saturday, December 11th, 1916.
P. Curran, a "J. P. policeman," has purchased his discharge from the service at St. Petersburg.
The telegram office has been removed to the new building near J. A. McArthur's residence.
W. Wilson arrived from Calgary on Saturday with freight.

The Methodist church bell frame, which was blown over some weeks ago, has been straightened up again.
A. E. Johnson, Green River, is a better student than ever.
Sunday evening lectures in the school house by Rev. Canon Norrie are well attended.

The car trade has been slow lately. Prices are very high, leaving the buyers little profit. Lays are as profitable as last year but there is a good deal of other fear.
Sunday evening lectures in the school house by Rev. Canon Norrie are well attended.

THIRTY YEARS AGO

From the Edmonton Bulletin, Monday, December 14th, 1916.
The first convention of the Edmonton district Salt-Bath Association was held on Friday, Dec. 14th, 1916.
The convention was held in the Imperial Hotel.
C. B. Fremont was in the chair. The afternoon session was held in the afternoon.
The evening session was held in the afternoon.

It seems, however, that the principal meat trade of the country arrived in town on Thursday to purchase for cattle.
The grain trade in the North West has flattened out, following a rise of taxation. The last load left the load of the Lake on December 4th. Outside of Winnipeg are shipping considerable flour to the coast.
Annual will arrive in Calgary on Thursday, January 23rd.

TWENTY YEARS AGO

From the Edmonton Bulletin, Saturday, December 15th, 1916.
Wintop—With continued cold weather, little or no coal in the bins, wood almost as scarce a commodity and a poor prospect for immediate relief, a fleet of ships appears imminent at many points throughout the West.
The wintering of the grain on the final review of the report of the subcommittee on grain.

Mr. John Kennedy of Poplar Lake is having an excellent time on Friday of next week.
T. S. Thompson has opened a ladies' wear store on Jasper street.

TEN YEARS AGO

From the Bulletin, Friday, December 15th, 1916.
Ottawa—Legislation designed to place returning soldiers on the land will be introduced at the coming session of Parliament.
Ottawa—To relieve a scarcity of coal at western points the Railway Commission has issued a special order relating to the forwarding of coal and shipments.

When Mishaps Are Mistaken for Misdeeds.
Don't make mountains out of mole-hills or let trivial, unimportant things become the big and important matters in your life.

It is not nearly so disastrous that Junior tore his clothes, as it is that he went with insufficient clothing, subjecting himself to a bad cold.
Try to look at things in a way that indicates a sense of values.

A slight infraction of rules is not nearly as culpable as lying to get out of it.
Dishonesty is far more unworthy than bad manners.

An occasional lapse from obedience is not so much a cause for punishment as habitual disobedience, and the way to prevent habitual lawlessness is to handle first wrong-doings in such a way as to inspire a wholesome respect for the power that be.

Mistakes will happen, but intentional meanness should be punished.
Style is secondary to quality, and the difference in value between a well-shodded shoe and a good house in a bad neighborhood should be considered when choosing home environment.

OUT OUR WAY

By Williams



THE ESKIMOS AND THE HOTENTOT.

Health and Diet Advice

By DR. FRANK MCDOY

Diet Specialist and Author of "The Fast Way to Health."

Questions on Health and Diet answered by Dr. McCoy, who addressed in care of The Edmonton Bulletin.

FAULTY METABOLISM

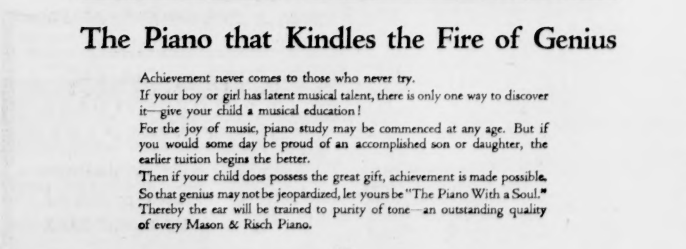
The word **METABOLISM** simply means tissue change, and is the sum of all the physical and chemical processes by which the living organized substances produce and maintain.

The diseases of metabolism can be divided into three classes. In the first one, there is perversion of the carbohydrate metabolism, which is called diabetes; in the second, perversion of fat metabolism is called obesity; and in the third, the perversion of the protein metabolism produces gout and rheumatism. All the diseases of this group are intimately related to one another, both chemically and clinically. Each is characterized by an inability on the part of the organism to destroy sugar, fat or albumin in a normal manner. There is such an intimate connection between the metabolic perversion in these three groups, that we often see combinations of rheumatism and obesity; or even of all three together.

In diabetes the first important thing to do is to increase the general nutrition of the patient; secondly, to substitute protein as much as possible for the carbohydrates; and then to build up the patient's strength so that metabolism in general will become more perfect.

In obesity the essential thing to do is to cut down the quantity of food. In this way the body will be encouraged to use up its fat reserve, and practically all the weight is bound to be produced. Starvation, sugar and fat should be reduced to the minimum, and the patient must be urged to use a plentiful amount of all the greens, both cooked and raw, and a limited amount of proteins, such as meat, eggs, fish, etc. Exercise should be increased, as this will assist metabolism, and while protein should be reduced to the minimum, the patient must be urged to use a plentiful amount of all the greens, both cooked and raw, and a limited amount of proteins, such as meat, eggs, fish, etc. Exercise should be increased, as this will assist metabolism, and while protein should be reduced to the minimum, the patient must be urged to use a plentiful amount of all the greens, both cooked and raw, and a limited amount of proteins, such as meat, eggs, fish, etc. Exercise should be increased, as this will assist metabolism, and while protein should be reduced to the minimum, the patient must be urged to use a plentiful amount of all the greens, both cooked and raw, and a limited amount of 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19—Help Wanted—Female

WANTED AT ONCE
for home work on farm steady job
for month for summer. Man and wife. No
experience. Salary about \$100. Box 104
Bulletin.

20—Situations Wid—Female

WOMAN WANTS WORK BY THE HOUR
for housework. No experience. Salary
about \$100. Box 104 Bulletin.

21—Teachers Wanted

TEACHER FOR THE HIGH
school district No. 141. Salary
about \$100. Box 104 Bulletin.

22—Personal Service

FIRST CLASS CHRISTMAS CAKE
for \$100. Will take orders for
all kinds of cakes. Box 104 Bulletin.

24—Furnished Rooms

CONVENIENT ROOM NICE
furnished. No experience. Salary
about \$100. Box 104 Bulletin.

25—Housekeeping Rooms

GROUND FLOOR HOUSEKEEPING
rooms. No experience. Salary
about \$100. Box 104 Bulletin.

26—Furnished Suites

TWO ROOMED SUITE PARTLY
furnished. No experience. Salary
about \$100. Box 104 Bulletin.

27—Unfurnished Suites

LOVELY 4 ROOMED FLAT WITH
bath. No experience. Salary
about \$100. Box 104 Bulletin.

28—Furnished Houses

FOUR ROOMED COTTAGE. MODERN
and newly decorated. Immediate
possession. Box 104 Bulletin.

29—Unfurnished Houses

1200 10th St. 6 rooms. Modern.
Box 104 Bulletin.

30—Hotels

ALBERTA HOTEL. WE SPECIALIZE
on service. Clean, bright rooms with
bath. No experience. Salary
about \$100. Box 104 Bulletin.

31—Lost

LOST WATCH AND CHAIN. 100%
gold. No experience. Salary
about \$100. Box 104 Bulletin.

32—Help Wanted—Male

BOOKKEEPER. MAN CAN INTEREST
in home work. No experience. Salary
about \$100. Box 104 Bulletin.

33—Situations Wid—Male

CANADIAN ENGINEER. EDMONTON
office. No experience. Salary
about \$100. Box 104 Bulletin.

34—Help Wanted—Male

BOOKKEEPER. MAN CAN INTEREST
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about \$100. Box 104 Bulletin.

35—Situations Wid—Male

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36—Help Wanted—Male

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37—Situations Wid—Male

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38—Help Wanted—Male

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39—Situations Wid—Male

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40—Help Wanted—Male

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about \$100. Box 104 Bulletin.

41—Situations Wid—Male

CANADIAN ENGINEER. EDMONTON
office. No experience. Salary
about \$100. Box 104 Bulletin.

42—Help Wanted—Male

BOOKKEEPER. MAN CAN INTEREST
in home work. No experience. Salary
about \$100. Box 104 Bulletin.

30—Hotels

WHEN IN EDMONTON STOP AT THE
Royal George Hotel. The Hotel
George. No experience. Salary
about \$100. Box 104 Bulletin.

31—Lost

LOST WATCH AND CHAIN. 100%
gold. No experience. Salary
about \$100. Box 104 Bulletin.

32—Help Wanted—Male

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33—Situations Wid—Male

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43—Situations Wid—Male

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44—Help Wanted—Male

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45—Situations Wid—Male

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46—Help Wanted—Male

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47—Situations Wid—Male

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48—Help Wanted—Male

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49—Situations Wid—Male

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50—Help Wanted—Male

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51—Situations Wid—Male

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about \$100. Box 104 Bulletin.

52—Help Wanted—Male

BOOKKEEPER. MAN CAN INTEREST
in home work. No experience. Salary
about \$100. Box 104 Bulletin.

OUR BOARDING HOUSE



HE MEANS IT

42—Radio

NEW RADIO WILLIAMSON. Player Piano.
No experience. Salary
about \$100. Box 104 Bulletin.

43—Radio

NEW RADIO WILLIAMSON. Player Piano.
No experience. Salary
about \$100. Box 104 Bulletin.

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58—Radio

NEW RADIO WILLIAMSON. Player Piano.
No experience. Salary
about \$100. Box 104 Bulletin.

60—Business Directory

Continued

ARCHITECTS

A. CALDERON. REGISTERED
Architect. 1004 10th St. Phone 1713.

ENGINEERS

EDWARD UNDERWOOD. REGISTERED
Engineer. 1004 10th St. Phone 1713.

ARTISTS

EDWARD UNDERWOOD. REGISTERED
Artist. 1004 10th St. Phone 1713.

THEATRE

EDWARD UNDERWOOD. REGISTERED
Theatre. 1004 10th St. Phone 1713.

BAGGAGE—TRANSFER

EDWARD UNDERWOOD. REGISTERED
Baggage. 1004 10th St. Phone 1713.

BATTERY SERVICE

EDWARD UNDERWOOD. REGISTERED
Battery. 1004 10th St. Phone 1713.

ARTISTS

EDWARD UNDERWOOD. REGISTERED
Artist. 1004 10th St. Phone 1713.

BATHS

EDWARD UNDERWOOD. REGISTERED
Baths. 1004 10th St. Phone 1713.

BARBERS

EDWARD UNDERWOOD. REGISTERED
Barbers. 1004 10th St. Phone 1713.

BE A BARBER

EDWARD UNDERWOOD. REGISTERED
Be a Barber. 1004 10th St. Phone 1713.

